

## **CLAIMS**

1. An adjustable lamp fixture, comprising:  
a mounting plate, at least an intermediate connector body, at least a lamp holder and a motion  
detection device, is characterised in which,  
5 at least a first set of standard screw and spring mechanism engages the mounting plate  
with an open terminal end of the intermediate connector body;  
at least a second set of standard screw and spring mechanism engages one lateral end of  
the intermediate connector body linking one lamp holder;  
whereas the standard screw and spring mechanism comprises a shoulder screw, a tower  
10 spring and a compression ring,  
whereby the rotation of the lamp fixture is facilitated about the first set of standard  
screw and spring mechanism, and the tilting of the lamp fixture is facilitated  
about the second set of standard screw and spring mechanism, the facilitation  
being substantially tool free.
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2. A tool-free adjustable lamp fixture as in Claim 1 in which the circumference of the  
open terminal end of the intermediate connector body is appropriately serrated as in a  
toothed gear (gear C), and the adjacent portion of the mounting plate is also  
appropriately serrated as in a toothed gear (gear D), the two gears (C and D) being  
20 meshed or mated with each other, all with the assistance of the first set of standard  
screw and spring mechanism.
3. A tool-free adjustable lamp fixture as in Claim 1 in which the circumference of one  
lateral end of the intermediate connector body is serrated as in a toothed gear (gear B),  
and a side end of the lamp holder is serrated as in a toothed gear (gear A), the two gears

(A and B) being meshed or mated with each other, whereas the second set of standard screw and spring mechanism provides sufficient compression force to counter the weight of the lamp holder and the lamp, so that the lamp holder remains in selected position.

- 5    4.    A tool-free adjustable lamp fixture as in Claim 1 in which the compression rings in the first and the second sets of standard screw and spring mechanism ensure electrical earth-continuity for various components.
5.    A tool-free adjustable lamp fixture as in Claim 1 in which an O-ring is sandwiched between the serrated lateral end of the intermediate connector body and the serrated  
10    end of the lamp holder.
6.    A tool-free adjustable lamp fixture as in Claim 1 in which an O-ring is sandwiched between the mounting plate and the serrated open terminal end of the intermediate connector body.
7.    A tool-free adjustable lamp fixture as in Claim 1 in which a gasket is sandwiched  
15    between the tower spring and the compression ring of the second set of standard screw and spring mechanism installed to the un-serrated lateral end of the intermediate connector body.